I CLAIM:

1. A building comprising a plurality of lengths of lumber assembled into a frame, and a reinforcement sheet of solidified fiber reinforced composite material secured to said lumber lengths so as to resist distortion of the frame by racking forces exerted on the frame.

2. A building component as claimed in claim 1, including a foam insulation material within the frame and forming a heat insulating barrier between the lengths of lumber, said reinforcement sheet adhering to said frame and to said barrier.

3. A building component as claimed in claim 1, wherein said reinforcement sheet is co-extensive with said barrier and said lumber at at least one side of said frame.

4. A building component as claimed in claim 1, wherein said reinforcing fibres form a mesh of fibre material embedded in said composite material.

5. A building component as claimed in claim 1, wherein said reinforcement sheet overlaps and adheres to peripheral surfaces of said frame.

6. A method of making a building component, which comprises the steps of connecting together a plurality of lengths of lumber to form a frame, forming at one side of said frame a layer of a coating material and causing the coating material to solidify in adherence with said lumber so as to reinforce said frame against racking.

7. A method as claimed in claim 7, which includes providing foam heat insulation between the lengths of lumber to form a heat insulating barrier.

8. A method as claimed in claim 6, which includes providing fibre material as a

reinforcement in said coating material.

9. A method as claimed in claim 6, which includes placing a mesh of said fibre material at at least one side of said frame and subsequently coating said mesh with said coating material so as cause said coating material to impregnate said mesh and to adhere to said heat insulating barrier and said lumber.

10. A method as claimed in claim 7, which includes applying said coating material layer so as to entirely cover at least one side of said frame.

11. A method as claimed in claim 7, in which said coating material is applied to said frame so as to overlap and adhere to said lumber at peripheral edges of said frame.

12. A method as claimed in claim 1, which includes connecting metal corner reinforcements to said lumber at corners of said frame to reinforce said frame.

13. A method of making a building component, which comprises the steps of connecting together a plurality of lengths of lumber to form a frame and securing to at least one side of the frame a prefabricated reenforcement sheet comprising a fiber reinforced composite material.

14. A method as claimed in claim 13, which includes forming a heat insulating barrier of heat insulating material in the frame after the securing of the reinforcement sheet to the frame.